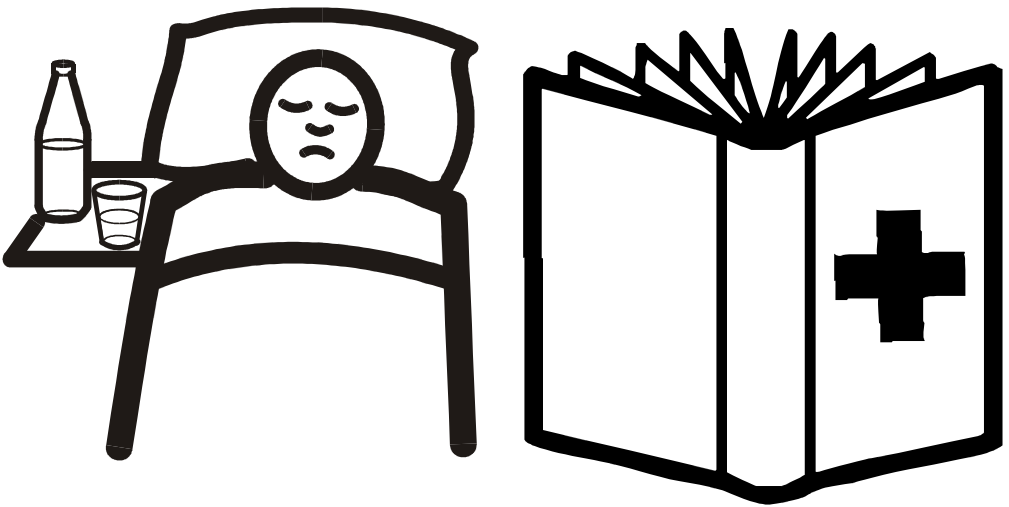




End of Life Section for a Personal Health File.



(Please do not put this page within a person's file)

Acknowledgements:

Somerset Total Communication, Simple Symbols 2

Created to be used within the Nottinghamshire Personal Health File

Gemma Del Toro, Learning Disability Health Facilitator

Claire Henley, Learning Disability Nurse Specialist

April 2011

Guidance notes

This section has been developed to help support and aid communication during a person's end of life.

These guidance notes have been produced to help the individual and their supporter to complete this section.

The file needs to be kept up to date like a diary and kept private and safe. The file needs to be taken with the person when they attend for their health appointments.

You might want to keep the unused pages, just in case you need them in the future. These guidance notes suggest what information should be included.

My illness

Detail the person's diagnosis, when, where by whom. Where appropriate, document the person's understanding of what is happening to them. Consider any symptoms the person has and what's need to support them.

Tests

Note any tests or investigations relating to the diagnosis; include details of when, where and by whom and outcome. Also, include what things helped and what things made it more difficult for the person.

Treatment for my symptoms

List any treatments the person is receiving for their symptoms, i.e. symptomatic chemotherapy, anti-sickness medication.

On a good day

Detail how the person presents on a good day, how do they communicate, what activities do they do, how is there general appearance, do they enjoy interacting with others?

On a bad day

Detail how the person presents on a bad day, how do they communicate, what activities do they do, how is there general appearance, do they avoid interacting with others?

Tablets and Medications that I need sometimes

Document any PRN medication prescribed and what they are used for.

Helping me to relax

What things helps the person relax and feel at ease, are there certain people, activities, items, listening to the favourite music and being laid in a certain position. Document any support needed.

Complementary Therapy

Does the person enjoy any complementary therapies, such as, massage, aromatherapy, reflexology, sensory rooms? Where do they access them, are home visits available?

Other information I have

Complete the checklist. If the person does not have any of these documents, how to obtain can be found in the '*Improving End of Life Care for People with Learning Disabilities Resource Pack*'.

This pack can be downloaded from:

www.nottinghamshirelearningdisabilitypartnershipboard.org

Best Interests Meetings

Document any best interests meeting and discussions inline with the Mental Capacity Act, include the subject being considered and where official minutes can be found.

My questions

A space for the person to write any questions they may have for further appointments and visits.

Appointments Diary

Record any appointments, home visits relating to this section.



My Illness



Information

A large, empty rectangular box with a thick black border, intended for writing information.



What support do I need?



Tests (like blood tests, scans, endoscopy)

Date	What?	Why?	Result



Treatments for my symptoms (like chemotherapy etc)

Date	What?	Why?	What happened after?



On a good day.....



Information

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On a bad day.....




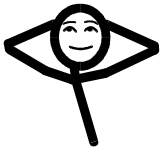
Information

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My Tablets and Medicines that I need sometimes (PRN)

 Name	Why I take this medicine



Helping me to relax



Information



What support do I need?



Complementary Therapy



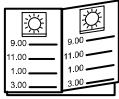
Information



What support do I need?



Complementary Therapy



Appointments

Date

What?

Date	What?

Date	What?



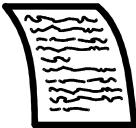
Other information I have



Information Prescription:

YES / NO

It can be found in:



Advance Care Plan:

YES / NO

(Including Preferred Priorities of Care)

It can be found in:



Traffic Light Assessment:

YES / NO

It can be found in:



Pain Profile/DisDAT TOOL:

YES / NO

It can be found in:



Best Interest Meetings

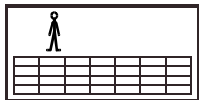
Date	What was talked about?





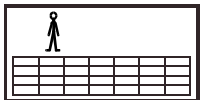
My questions

Date	What I want to know	Date Answered



Appointments Diary

January	February
March	April
May	June



Appointments Diary

July	August
September	October
November	December

